

Handwritten: 1629. *Printed:* 1629.

A new Almanacke and Prog-
nostication, with the Forraigne
Computation, seruing for the
yeere of our Lord and Sauour
Iesus Christ. 1629.

Being the first yeere after the
Bissextile or Leape yeere.

Rectified for the Elevation of
the Pole Arctike, and Me-
ridian of the ancient and
famous Cittie of
Norwich:

And may serue generally for
the most parts of great
Britaine,

Practised, penned, and published,
by *John Neue*, Gent.

LONDON,
Printed for the Company of
Stationers.

The Contents of this double Kalender for the yeere of
our Lord God 1629. which is the first yeere after the Bis-
sextile or Leape yeere, according to the Account
& Computation of the Church of England.

The Prime or Golden number		15
The Circle of the Sunne		14
The Epact		15
The Dominicali letter		10
The Roman Indiction		12
The space betweene Christmas and Shrove-sunday		
is, 7. weekes and three dayes.		
Shrove-sunday	February,	15
Easter day	Aprill,	5
Ascension day	May,	14
Whitsunday	May,	24
Aduent sunday	November,	29
Betweene Trinity and Aduent are Sundayes		25
Betweene Easter and Ascension is 5. weekes & 3. dayes.		
Betweene Whitsunday & Midsummer, is 4. weekes		
and 2. dayes.		
Betweene Midsum. & Barthol. is 8. weekes & 4. dayes.		
Between Barthol. & All saints, is 9. weekes & 3. dayes.		

The Forraigne Computation.

The Prime or Golden number		15
The Circle of the Sunne		14
The Epact		5
The Dominicali letter		6
The Romane Indiction,		12
Shrove-sunday	February,	25
Easter day	Aprill,	15
Ascension day	May,	24
Whitsunday	Iune,	3
Aduent sunday	December,	3
The space betweene Christmas and Shrove-sunday,		
is 8. weekes and 6. dayes.		

A briefe and necessarie Computation of yeeres.

From the Creation of the world vntill this yeere of our Lord God, 1629.	5599
From the Creation vntill the Floud,	1656
From the Floud to Christ,	2336
From Moses to Christ.	1514
Since the promise made to Abraham,	3575
Since the Israelites departed out of Egypt,	3145
Since the destruction of Troy,	2811
Since Brute entred this Iland,	2736
Since the building of the Temple of Salomon,	2665
Since the buiding of the Cittie of Rome,	2379
Since Nabuchadonözer the King,	2377
Since Alexander the Great dyed,	1953
Since Iulius Cesar slaine with bodkins,	1678
Since the happie Birth of our Sauour Christ,	1629
Since Ierusalem destroyed by Titus Vespasian,	1556
Since England receiued the Christian Faith,	1449
Since the Danes entred England,	611
Since the Conquest of England by the Normans,	562
Since the Science of Printing was inuented	169
Since King Henry the VIII. wonne Bolloigne,	85
Since Kettes Rebellion at Norwich,	79
Since the infectious sweating sickenes,	72
Since St. Pauls steeple fiered by lightning,	68
Since the great Plague at Newhauen,	66
Since the Earles Rebellion in the North,	60
Since the blazing starre and frosty Winter,	57
Since the fierie apparition in the heauens,	55
Since the deepe snow,	49
Since the generall earth-quake in England,	48
Since the Campe at Tilbury in Essex,	40
Since the last earth-quake in England,	27
Since the Gun-powder Treason,	24
Our Kings Maiesties Raigne, whom the King of heauen graunt long and properously to Raigne ouer vs, Amen.	5

The Anatomie of Mans body, as the parts
thereof are gouerned by the 12.
celestiall Signes.

♈ Aries, Head and face.

♉ Taurus.
Necke and
throat.

♊ Cancer.
Brest, Sto-
mack & ribs.

♋ Virgo,
Bowels and
belly.

♌ Scorpio.
Secret me-
bers.

♍ Capricor.
The knees.



♊ Gemini.
Armes and
shoulders.

♋ Leo,
Heart and
backe.

♌ Libra.
Kettes and
loynes.

♍ Sagitar.
the Thighs.

♎ Aquar.
The Legs.

♏ Pisces, The feete.

The Characters of the Signes, Planets,
and Aspects.

♈ Aries, ♉ Taurus, ♊ Gemini, ♋ Cancer, ♌ Leo,
♍ Virgo, ♎ Libra, ♏ Scorpio, ♐ Sagittarius, ♑ Capri-
cornus, ♒ Aquarius, ♓ Pisces, ♄ Saturne, ♃ Iupiter,
♂ Mars, ☉ Sol, ♀ Venus, ☿ Mercurie, ☾ Luna, ☿ Con-
iunction, * Sextile, □ Quadrate, △ Trine, ☿ Oppo-
sition.

January hath xxij. dayes.

Now if your body in health you'l keepe,
 Warme meate for it is very meete :
 Fly Physicke, sloth, an Venery :
 Auoid all bathes most carefully.

1	a	New yee. d.	Leo	18	11	d
2	b	Oct. of St.	Virgo	3	12	e
3	c	Octa. John	Virgo	17	13	f
4	d	Oct. Innoc.	Libra	1	14	g
5	e	Ed. Depol.	Libra	15	15	a
6	f	Twelf-day	Libra	28	16	b
7	g	Lucian pri.	Scorp.	11	17	c
8	a	Agapite vir.	Scorp.	24	18	d
9	b	Paul her.	Sagit.	6	19	e
10	c	Polin Aqua.	Sagit.	18	20	f
11	d	1. su. aft. epi.	Capri.	0	21	g
12	e	Archa. mar.	Capri.	11	22	a
13	f	Wed. come in	Cap.	23	23	b
14	g	Felic. priest.	Aqua.	5	24	c
15	a	Maurice.	Aquar.	16	25	d
16	b	Marcellus.	Aquar.	28	26	e
17	c	Anthony de.	Pisces	10	27	f
18	d	2. su. aft. epi.	Pisces	22	28	g
19	e	Molhan bi.	Aries	5	29	a
20	f	Fabi. & Sz.	Aries	18	30	b
21	g	Agnes virg.	Taur.	1	31	c
22	a	Vincent m.	Taur.	14	1	d
23	b	Terme beg.	Taur.	28	2	e
24	c	Timothe	Gem.	13	3	f
25	d	Con. of Pau	Gem.	27	4	g
26	e	Policarpe.	Cancer	12	5	a
27	f	Julian.	Cancer	27	6	b
28	g	Valerius. b.	Leo	12	7	c
29	a	Theo. mar.	Leo	27	8	d
30	b	Wald. Qu.	Virgo	11	9	e
31	c	Wit. & Sa.	Virgo	6	10	f

☾ Last quar-
 ter the 6. day 2
 min. after 7. of
 the clock in the
 morning.

● New moone
 the 14. day 55.
 min. after 10. of
 the clocke in the
 forenoone.

☾ Con. of Paul.

☾ First quar-
 ter the 22. day at
 7. of the clocke
 in the morning.

Feb. 1. y.
 Burif. of Mar.

● Full moone
 the 28. day 17.
 min. after 11. of
 the clo. at night.

February hath xxviij dayes.

This month as yet no Phisicke vse,
For feare that you your selfe abuse:
Bleede not, nor bathe, be rulde by me,
Except vpon necessitie.

1	D	Septuag. fast	Lib.	10	11	G	
2	e	Purif. of M.	Lib.	23	12	a	☾ Last quarter
3	f	Wiled goe out	Sco.	6	13	b	the 4. day 55.
4	g	Gilbert con.	Sco.	19	14	c	min. after 11. of
5	a	Agathe vir.	Sag.	2	15	d	the clocke at
6	b	Ambrose	Sagi.	14.	16	e	night.
7	c	Anasius bi.	Sagit.	26	17	f	
8	D	Sexagesima	Cap.	8	18	G	☉ New moone
9	e	Colin Kilces	Cap.	20	19	a	the 13. day 17.
10	f	Scolasti bi.	Aqua.	2	20	b	min. after 5. of
11	g	Eufragie	Aqu.	14	21	c	the clocke in the
12	a	Cerine end	Aqua.	26	22	d	morning.
13	b	Wolston bi.	Pisc.	8	23	e	
14	c	Valentine	Pisc.	20	24	f	Matthias Apost.
15	D	Shroucton.	Aries	2	25	G	☾ First qu. the
16	e	Julian vir.	Aries	14	26	a	20. day, 10 m. af-
17	f	Policron	Aries	27	27	b	ter 5. of the clock
18	g	Simeon	Tau.	11	28	c	at night.
19	a	Sabine	Tau.	24	1	d	March, 1619.
20	b	Mildred	Gem.	8	2	e	
21	c	70. martyrs	Gem.	22	3	f	
22	D	1. sun. in tent	Can.	7	4	G	☉ Full moone
23	e	Policarp. ta	Can.	21	5	a	the 27. day 35.
24	f	Matthias A	Leo	7	6	b	min. after 8. of
25	g	Ember loce.	Leo	21	7	c	the clock in the
26	a	Pestoz mar	Vir.	6	8	d	morning.
27	b	August. bish	Vir	20	9	e	
28	c	Oswald bi.	Lib.	4	10	f	

March hath xxxj. dayes.

Now March begins the Springing time,
The Sunne hath got the equall line :
Vse Phisickes Art, and all thy skill,
To helpe diseases that be ill.

1	D	2. sun. in lent	Lib.	18	11	C	Last quart-
2	e	Chadde bi.	Sco.	1	12	a	ter the 6. day 40.
3	f	Maurice	Sco.	14	13	b	min. after 6. of
4	g	Adrian	Sco.	27	14	c	the clocke at
5	a	Foca. & Eul.	Sagit.	10	15	d	night.
6	b	Victore & Mi.	Sagit.	22	16	e	
7	c	Perpetuus	Cap.	4	17	f	
8	D	3. sun. in lent	Cap.	17	18	G	New moon
9	e	40. In martyrs	Cap.	29	19	a	the 14. day 59.
10	f	Agapit vir.	Aqu.	11	20	b	min. after 8. of
11	g	Sol in Aries.	Aqu.	23	21	c	the clocke at
12	a	Gregorie b.	Pisc.	5	22	d	night.
13	b	Theodoze	Pisc.	17	23	e	
14	c	Candide	Pisc.	29	24	f	
15	D	4. su. in lent	Aries	12	25	G	Annun. of Ma.
16	e	Boniface b.	Aries	24	26	a	
17	f	Gertrude	Tau.	7	27	b	First quart.
18	g	Edward k.	Tau.	21	28	c	the 22. day 49. m.
19	a	Jos. W. hu.	Gem.	4	29	d	before 1. of the
20	b	Eutbert	Gem.	18	30	e	clock in the mor-
21	c	Benedictus	Can.	3	31	f	ning.
22	D	5. su. in lent	Can.	17	1	G	April, 1627.
23	e	Theodoze	Leo	2	2	a	
24	f	Botuiph sa.	Leo	16	3	b	
25	g	Ann. of M.	Virg.	1	4	c	Full moone
26	a	Castor mar	Virg.	15	5	d	the 28. day 28.
27	b	Init. Reg. Car	Vir.	29	6	e	min. after 8. of
28	c	Dorothe b.	Lib.	13	7	f	the clocke at
29	D	Palme sun.	Lib.	26	8	G	night.
30	e	Quintine	Scorp.	9	9	a	
31	f	Adelme	Scorn.	22	10	b	

April hath xxx. dayes.

This Aprill with his stormie showres,
Doth make the earth yeeld pleasant flowres :
Purge well therefore : for it is good,
To helpe thy body, and cleanse thy blood.

1	g	Gildard.	Sagit.	5	c	1	C Last quar-
2	a	Mary Egt.	Sagi.	17	d	12	ter the 5. day 56.
3	b	Richard bi.	Capz.	0	e	13	min. after one of
4	c	Ambrose.	Capz.	12	f	14	the clock in the
5	d	Easter day	Capz.	24	g	15	after day.
6	e	Sextus bi.	Aqua.	6	a	16	afternoone.
7	f	Euphemia	Aqua.	18	b	17	
8	g	Egislappus	Pisc.	1	c	18	
9	a	Perpetuus.	Pisc.	13	d	19	
10	b	Culpe bish.	Pisc.	25	e	20	● New moone
11	c	Sol in Tau	Aries	8	f	21	the 13. day 26.
12	d	1. su. aft. ea.	Aries	21	g	22	min. after 9. of
13	e	Wed. com. in	Tau.	4	a	23	the clocke in the
14	f	Cliffe.	Tau.	17	b	24	forenoone.
15	g	Olwald ar.	Gem.	1	c	25	
16	a	Ilidore bi.	Gem.	15	d	26	
17	b	Cosmy	Gem.	29	e	27	● First quar-
18	c	Valerian.	Can.	13	f	28	ter the 20. day
19	d	2. su. aft. ea.	Can.	28	g	29	49. min. after 6.
20	e	Victor bish.	Leo	12	a	30	of the clocke in
21	f	Simeon bi.	Leo	27	b	1	the morning.
22	g	Cerine beg.	Virg.	11	c	2	
23	a	S. George.	Virg.	25	d	3	May.
24	b	Wilfride.	Lib.	9	e	4	
25	c	Marke eua	Lib.	22	f	5	
26	d	3. su. aft. ea.	Scoz.	5	g	6	● Full moone
27	e	Clement bi.	Scoz.	18	a	7	the 27. day 58.
28	f	Vitalis bi.	Sagit.	1	b	8	min. after 7. of
29	g	Peter of mil	Sagi.	13	c	9	the clocke in the
30	a	Erkinwald	Sagi.	25	d	10	morning.

May hath xxxj. dayes.

Now gallant May in his array,
Doth make the field pleasant and gay :
Walke early now for thy healths sake,
And still thou maist some Phisicke take.

1	b	Phil & Jac.	Capri.	7	11	e	
2	c	Athanasius	Capri.	19	12	f	☾ Last quarter
3	d	Inue. Cru.	Aqua.	2	13	g	the 5. day 30. mi.
4	e	Flozian	Aquar.	14	14	a	after 8. of the clo.
5	f	Goddard	Aquar.	26	15	b	in the morning,
6	g	Iohn port. lat.	Pisces	8	16	c	
7	a	Iohn of We	Pisces	21	17	d	
8	b	Ap. of Mic.	Aries	3	18	e	
9	c	Theophilus	Aries	16	19	f	● New moone
10	d	Wagarton su	Aries	29	20	g	the 12. day 30.
11	e	Med gozout	Tau.	13	21	a	min. after 7. of
12	f	Sol in Gemin	Tau.	26	22	b	the clocke at
13	g	Boniface	Gem.	10	23	c	night,
14	a	Ascension d.	Gem.	25	24	d	Ascension day.
15	b	Idoze	Cancer	9	25	e	
16	c	Brandon bi	Can.	24	26	f	
17	d	Tra. Barn.	Leo	9	27	g	☾ First quar=
18	e	Terme ends	Leo	23	28	a	ter the 19. day
19	f	Bernardine	Virgo	8	29	b	20. min. after 12.
20	g	Helen queen	Virgo	22	30	c	of the clocke in
21	a	Julian birg	Libra	5	31	d	the forenoone.
22	b	Desider ma.	Libra	19	1	e	lune, 1629.
23	c	Tran. of M	Scorp.	2	2	f	
24	d	Albirlunda.	Scorp.	15	3	g	☾ Whit Sunday.
25	e	Anaust of en	Scorp.	27	4	a	
26	f	S. Bede	Sagit.	10	5	b	● Full moone
27	g	Ember wee	Sagit.	22	6	c	the 26. day 9. of
28	a	Cozon bish.	Capri.	4	7	d	the clocke at
29	b	Picomede	Cap.	16	8	e	night,
30	c	Felix bishop	Cap.	28	9	f	
31	d	Trinity su.	Aquar.	9	10	g	☾ Trinity sandz.

June hath xxx. dayes.

This month of Iune vse clarified whay,
Boyl'd with coole hearbs, drinke alway :
From violent exercise now abstaine,
Except thou wilt in trouble remaine.

1	e	Med com in	Aqua.	21	11	a	
2	f	Marcellus	Pisces	4	12	b	☾ Last quar-
3	g	Erasmus	Pisces	16	13	c	ter the 4. day a=
4	a	Petrocius	Pisces	28	14	d	bout midnight.
5	b	Germe bag.	Aries	11	15	e	
6	c	Melone	Aries	24	16	f	
7	d	Molstone	Tau.	7	17	g	☉ New moone
8	e	Med. & Gi.	Tau.	21	18	a	the 11. day about
9	f	Tra. of Ed.	Gem.	5	19	b	4. of the clocke in
10	g	Julian conf.	Gem.	19	20	c	the morning.
11	a	Barnabe	Can.	4	21	d	
12	b	Sol in Cancer	Can.	19	22	e	
13	c	Anton. conf.	Leo	3	23	f	
14	d	2. su. af. tri.	Leo	18	24	g	☽ John Baptist.
15	e	Mite & Mo.	Vir.	3	25	a	
16	f	Basil bishop	Vir.	18	26	b	☾ First quar=
17	g	Botolph	Lib.	2	27	c	ter the 17. day
18	a	Exuper	Lib.	15	28	d	44. min. after 6.
19	b	Geruatiu	Lib.	29	29	e	of the clocke at
20	c	Tra. of Ed.	Scor.	12	30	f	night.
21	d	3. su. af. tri.	Scor.	25	1	g	☽ July, 1629.
22	e	Albane mar.	Sag.	7	2	a	
23	f	Indrie last	Sag.	19	3	b	
24	g	John Bapt	Capri.	1	4	c	
25	a	Terma ends	Cap.	13	5	d	☉ Full moone
26	b	John & Pau	Capri.	25	6	e	the 25. day 20.
27	c	Cresc. mart.	Aqua.	6	7	f	min. after 11. of
28	d	4. su. af. t. fa	Aqua.	18	8	g	the clocke in the
29	e	Peter Apoll	Pisc.	0	9	a	forenoone.
30	f	Com. of Pa.	Pisc.	12	10	b	

Iuly hath xxxj. dayes.

Now in Iuly Dog dayes begin,
The Riuer is best to bathe in :
To take hot drinckes be not too bold,
But vse hearbes which be moist and cold.

1	g	Ota. of Jo.	Pisc.	24	11	c	
2	a	Mit. of M.	Aries	6	2	d	C Last quar-
3	b	Tran. of E.	Aries	19	13	e	ter the 3. day 20.
4	c	Tra. of M.	Tau.	2	14	f	min. after 2. of
5	o	5. sun. af. tri.	Tau.	15	15	g	the clocke in the
6	e	Ota of Pe.	Tau.	29	16	a	afternoone.
7	f	Martialis	Gem.	13	17	b	
8	g	Chillian	Gem.	28	18	c	
9	a	Cirill bi. sh.	Can.	12	19	d	☉ New moone
10	b	7. Brethren	Can.	27	20	e	the 10. day 11.
11	c	Tra. of Ben	Leo	12	21	f	min. after 11. of
12	o	6. su. af. tri.	Leo	27	22	g	the clocke in the
13	e	Sol in Leo.	Virg.	12	23	a	morning.
14	f	Renell	Virg.	27	24	b	
15	g	Tra. of Su.	Lib.	11	25	c	James Apost.
16	a	Tr. of Osm	Lib.	25	26	d	
17	b	Kenelme k.	Sco.	8	27	e	☾ First quar-
18	c	Arnolp bi.	Sco.	21	28	f	ter the 17. day
19	o	Dog da. beg.	Sag.	4	29	g	3. of the clocke in
20	e	Margar. bit	Sag.	16	30	a	the morning.
21	f	Praxe virg.	Sag.	29	31	b	
22	g	Mary Mag	Capri.	10	1	c	August, 1629.
23	a	Appoline bi.	Capri.	22	2	d	
24	b	Christ. fast.	Aqu.	4	3	e	☉ Full moone
25	c	James Apo.	Aqu.	15	4	f	the 25. day 45.
26	o	8. sun. af. tri.	Aqu.	27	5	g	minutes after 2.
27	e	7. Sleepers	Pisc.	9	6	a	of the clocke in
28	f	Samson bi.	Pisc.	21	7	b	the morning.
29	g	Se. a his fel.	Aries	3	8	c	
30	a	Abd. & Sen.	Aries	15	9	d	
31	b	German. bi.	Aries	28	10	e	

August hath xxxj. dayes.

This month of August take good heed:
For now will many surfets breed:
Let little sleepe the now coate nt,
I that diseases thou'lt preuent.

1	c	Lammas	Taur.	11	11	f	☾ Last quarter
2	d	9. su. af. tri.	Taur.	24	12	G	the 2. day 34.
3	e	Inuent. St.	Gem.	8	13	a	min. after 1. of
4	f	Iustine prie	Gem.	22	14	b	the clocke in the
5	g		Cancer	6	15	c	morning.
6	a	Transfigur	Cancer	21	16	d	
7	b	Feast of Je.	Leo	6	17	e	● New moone
8	c	Ciri. & his f.	Leo	21	18	f	the 8. day 21. mi-
9	d	10. su. af. tri.	Virg.	6	19	G	nats after 6. of
10	e	Lawren. m.	Virg.	21	20	a	the clocke at
11	f	Tiburti. m.	Libra	5	21	b	night.
12	g	Clare virg	Libra	19	22	c	
13	a	Sol in virgo.	Scor.	3	23	d	☾ First quar-
14	b	Eusebius	Scor.	17	24	e	ter the 15. day
15	c	Adam M.	Sig.	0	25	f	40. min. after 2.
16	d	11. su. af. tri.	Sig.	13	26	G	of the clocke in
17	e	Oct. Lawre.	Sig.	25	27	a	the after noone.
18	f	Agapit virg	Cap.	7	28	b	● Full moone
19	g	Mizius m.	Cap.	19	29	c	the 23. day 30.
20	a	Leues bish.	Aqua.	1	30	d	mi. after 6. of the
21	b	Bernard	Aqua.	12	31	e	clocke at night.
22	c	Prunatus	Aqua.	25	1	f	September, 1629.
23	d	12. su. af. t. fa.	Pisces	16	2	G	
24	e	Barthol. Ap	Pisces	18	3	a	☾ Last quarter
25	f	Leues kin.	Aries	0	4	b	the 31. day 12.
26	g	Dag da. end	Aries	11	5	c	min. after 11 of
27	a	Baun mar.	Aries	24	6	d	the clocke in the
28	b	August bish.	Taur.	7	7	e	morning.
29	c	Decol. of Jo	Taur.	20	8	f	
30	d	13. su. af. tri.	Gem.	3	9	G	
31	e	Cuthurge b.	Gem.	17	10	a	

September hath xxx. dayes.

Now maist thou Phisicke safely take,
And bleed and bathe for thy healths sake:
Eate Figges and Grapes and spicerie,
For to refresh thy members dry.

1	f	Giles abbot	Can.	1	1	b	● New moone
2	g	Antho. mar	Can.	15	12	c	the 7. day 20. mi-
3	a	Gregory	Leo	0	13	d	nutes after 2. of
4	b	Tra. of Cu.	Leo	15	14	e	the clocke in the
5	c	Hercules	Leo	29	15	f	morning.
6	d	14. su. af. tri.	Vir.	14	16	g	☾ First quar-
7	e	Elizabeth	Virg.	29	17	a	ter the 14. day
8	f	Nat. of. M.	Libra	13	18	b	20. min. after 6.
9	g	Goigon. ma.	Libra	28	19	c	of the clocke in
10	a	Siluius bi.	Scor.	11	20	d	the morning.
11	b	Proth & Ja.	Scor.	25	21	e	Mathew Apost.
12	c	Amaritia	Sagit.	8	22	f	
13	d	Sol in Libra.	Sagi.	21	23	g	
14	e	Holy Crosse	Capri.	3	24	a	● Full moone
15	f	Edith virg.	Capri.	15	25	b	the 22 day about
16	g	Ember wee	Cap.	28	26	c	10. of the clocke
17	a	Mat. & Cor.	Aquar.	11	27	d	in the forenoone.
18	b	Januariem.	Aquar.	22	28	e	
19	c	Eustace	Pisces	4	29	f	Michael Arch.
20	d	16. su. af. tri.	Pisces	15	30	g	
21	e	Mathew. A	Pisces	27	1	a	October, 1619.
22	f	Maurice	Aries	9	2	b	
23	g	Tecla virg.	Aries	22	3	c	
24	a	Andoch mar	Tau.	4	4	d	☾ Last quarter
25	b	Firmin bish.	Tau	17	5	e	the 29. day 20.
26	c	Cipri. & Ju.	Gem.	0	6	f	min. after 7. of
27	d	17. su. af. tri.	Gem.	13	7	g	the clocke at
28	e	Exuper bi.	Gem.	27	8	a	night.
29	f	Micha Arc.	Can.	11	9	b	
30	g	Hierome pfr	Can.	25	10	c	

This month hot drinckes and meates be good,
 To keepe thy health and nourish thy blood :
 Prouide warme cloathes and goe dry,
 Thou shalt escape much danger thereby.

1	a	Remigius	Leo	10	11	d	
2	b	Leoda. bish.	Leo	24	12	e	
3	c	Candide m.	Virgo	9	13	f	☉ New moone
4	d	18. su. af. tr.	Virgo	24	14	g	the 6. day 13. mi-
5	e	Apollinariu	Libra	8	15	a	nutes after high
6	f	Faith virg.	Libra	22	16	b	noone,
7	g	Mar. & mar.	Scorp.	6	17	c	
8	a	Helagic vir	Scorp.	19	18	d	☾ Luke Euangel.
9	b	Terme beg.	Sag.	3	19	e	
10	c	Gereð & M.	Sag.	16	20	f	☾ First quar-
11	d	19. su. af. tri.	Sag.	28	21	g	ter the 14. day
12	e	Wulfride bi.	Cap.	11	22	a	12. min. after 1.
13	f	Tra. of Ed.	Cap.	23	23	b	of the clocke in
14	g	1 in Scorp	Aqua.	5	24	c	the morning.
15	a	Wolfron	Aqua.	17	25	d	
16	b	Wich. moun	Pisces	0	26	e	
17	c	Tra. of Eth	Pisces	12	27	f	☉ Full moone
18	d	Luc Euang	Pisces	24	28	g	the 22. day at 1.
19	e	Frodelwich.	Aries	6	29	a	of the clocke in
20	f	Austrebert	Aries	18	30	b	the morning.
21	g	11. m. virgi.	Taur.	1	31	c	
22	a	Wary Sa.	Taur.	14	1	d	☾ November, 1629.
23	b	Roman arc.	Taur.	27	2	e	
24	c	Wagloz. bi.	Gem.	10	3	f	☾ Last quarter
25	d	21 su. af. tri.	Gem.	24	4	g	the 29. day 42.
26	e	Ursula	Cancer	7	5	a	min. after 3. of
27	f	Florence fa.	Cancer	22	6	b	the clocke in the
28	g	Wm & Ju.	Leo	6	7	c	morning.
29	a	Marcellus	Leo	20	8	d	
30	b	German	Virgo	5	9	e	
31	c	Quine. fast	Virgo	19	10	f	

Now maist thou drinke sweet wines freely,
And vse good mirth and Companie:
Abstaine from wrath and all enuie,
And vse thy brethren charitablie.

1	All Saints	Lib.	4	11	☾	
2	e All soules	Lib.	18	12	a	● New moone
3	f Wenefride	Sco.	1	13	b	the 5. day 50. m.
4	g Amantius	Sco.	15	14	c	in the morning.
5	a Iapetus son	Sco.	28	15	d	
6	b Leonard	Sag.	11	16	e	
7	c Milfrid bi.	Sag.	24	17	f	☾ First quar-
8	d 23. su. af. tri	Cap.	6	18	☾	ter the 12. day
9	e Theodoze m	Cap.	18	19	a	12. min. after
10	f Bennet	Aqu.	1	20	b	10. of the clocke
11	g Martin bi.	Aqu.	13	21	c	at night.
12	a Wyce bihop	Aqu.	25	22	d	
13	b 1 in Sagit.	Pisc.	7	23	e	
14	c Tra. of Cr.	Pisc.	19	24	f	● Full moone
15	d 24. su. af. tri.	Aries	2	25	☾	the 20. day 17.
16	e Edmund ar.	Aries	14	26	a	minut. after 3.
17	f S. Hugh. b.	Aries	27	27	b	of the clocke in
18	g Ota. of M.	Tau.	10	28	c	the afternoone.
19	a Nat. Reg. Car	Tau.	23	29	d	
20	b Edmund R.	Gem.	5	30	e	
21	c Pres. of M.	Gem.	20	1	f	December 1629.
22	d 25. su. af. tr.	Can.	4	2	☾	Ascensunday.
23	e Clement bi.	Can.	18	3	a	
24	f Grisogon m.	Leo	2	4	b	(Last quar-
25	g Katherin bi	Leo	17	5	c	ter the 27. day
26	a Linus i bi sh.	Vir.	1	6	d	about 10. of the
27	b Agricola	Vir.	16	7	e	clock in the fore-
28	c Terme ends	Lib.	0	8	f	noone and 50. mi-
29	d 2 duē. su. fa.	Lib.	14	9	☾	nutes.
30	e Andrew Ap.	Lib.	28	10	a	

December hath xxxj. dayes.

This month, as I doe now remember,
The twenty five of this December,
Our Sauour Christ was borne that day,
That we might praise his name alway,

1	f	Med goe out	Scoz.	11	11	b	
2	g	Libanus m.	Scoz.	25	12	c	● New moone
3	a	Depo. of Ol	Sag.	7	13	d	the 4. day 22. mi-
4	b	Barbara bi.	Sag.	20	14	e	nutes, after 4. of
5	c	Sabin abb.	Cap.	2	15	f	the clocke in the
6	d	2. lu. in adu.	Cap.	14	16	g	afternoone.
7	e	Octa. of Pn.	Cap.	27	17	a	
8	f	Conc. of Ma	Aquar.	9	18	b	
9	g	Ciprian abb	Aqua.	21	19	c	● First quar-
10	a	Eulalie vir.	Pisc.	3	20	d	ter the 12. day
11	b	Damast. bi.	Pisc.	15	21	e	34. min. after 7.
12	c	3. lu. in adu.	Pisc.	27	22	f	of the clocke at
13	d	Othelie vir.	Aries	9	23	g	night,
14	e	Valerian	Aries	22	24	a	
15	f	Ember wec	Tau.	5	25	b	Christmas.
16	g	Lazarus bi.	Tau.	28	26	c	Epiphany mar.
17	a	Grattian bi.	Gem.	7	27	d	John Euan
18	b	Genetia vir	Gem.	15	28	e	Innocent.
19	c	4. l. in ad. f.	Gem.	29	29	f	● Full moone
20	d	Thos. 3000	Can.	13	30	g	the 2. day 30. mi.
21	e	30. martyrs.	Can.	27	31	a	after 4. of the clo,
22	f	Victoria bi.	Leo	12	1	b	January, 1629.
23	g	Claudie	Leo	27	2	c	in the morning.
24	a	Christmas	Virg.	12	3	d	● Last quar-
25	b	Stephen m.	Virg.	26	4	e	ter the 26. day
26	c	John Euan	Libz.	10	5	f	47. min. after 7.
27	d	Innocent	Libz.	25	6	g	of the clocke at
28	e	David	Scoz.	8	7	a	night,
29	f	Siluester b.	Scoz.	22	8	b	
30	g		Sagit.	4	9	c	
31	a		Sagit.	17	10	d	

Neue. 1629.

A Prognostication, seruing
for yeare of our Lord God and
Sauour Iesus Christ.

1629.

Wherein you may obserue, the
grounds of the alteration and condi-
tion of the foure quarters of this yeare, &
also the disposition of the Ayre, for each severall
Moneth, according to the inclination of the Ce-
lestiall bodyes, with the change of the Moone,
and the tyme of the Eclipses: and other ne-
cessarie obseruations, Conuenient in
such a worke to bee noted.

Calculated, and especially referred to the
longitude and eleuation of the Pole Arctike
of the ancient and famous City of
Norwich, and may serue indiffe-
rently for all England.

¶ Collected and published by
John Nene, Gent.

**A necessary rule to know the beginning
and ending of euery Terme, with their
Returnes.**

Hillarie Terme beginneth the 23. date of January, and
endeth the 12 of February, and hath foure returnes.

Octabis Hillarij. } Crastino Purificæ.
Quind. Hillarij. } Octabis Purificæ.

Easter Terme beginneth 8 dayes after Easter, and en-
deth the Monday next after Ascension, & hath 5. Retur.

Quind. Paschæ. } Mense paschæ. } Quinque paschæ.
Tres paschæ. } Crast. Ascen.

Trinitie Terme beginneth the wednes. day after Tri-
nitie Sunday, and endeth the wednes. fortnight after,
and hath foure Returnes.

Crast. Trinitatis. } Quind. Trinitatis.
Octabis Trinitatis. } Tres Trinitatis.

Michaelmas Terme beginneth the 9. of October,
and endeth 28 of Nouember, and hath 8 returnes.

Octabis Michael. } Crast. Animarum, }
Quind Michael. } Crast. Martinj. }
Tres Michael. } Octabis Martinj. }
Mense Michael. } Quind. Martinj. }

Note that the Exchequer openeth Eight dayes before
any Terme begins, except Trinity Terme, in which
it openeth two foure dayes before.

On these dayes following, the Judges sit not at
Westminster.

Hillarie } Easter } Crastinus }
Trinitie } Ascension }
Michael } Midsummer }
Michael } St. Iohn }
Certayne

Certaine profitable Rules, and briete observations concerning husbandrie.

The best time to sow all kind of cozne, is when the
mone goeth her course in Cancer.

The best time to plant and graft, when the Mone
is in a fixed signe, especially in Taurus, or Aquarius, and
in the increase of the Mone, which is betwene the
change and the full.

To set & sow all kind of seeds, the mone being well
seated in Aries, Taurus, Cancer, Virgo, Libra, Capricor-
nus, Aquarius, or Pisces.

Fell Timber to build withall, when the mone is to-
wards the last quarter, she being then in Aquarius or
Pisces.

Crop trees & fellwood to burne, that the stocke may
the better and sooner grow againe, when the mone is
in the first quarter.

Rebriens and set young trees, in the last quarter of
the mone, in Taurus, or Capricornus, and that in the
moneths of September, October, November, & Fe-
bruarie.

The best time to geld cattell, the Mone being in
Sagittarius, or Capricornus.

The best time to cut flues, is in Februarie or
March, the mone increasing, in Taurus, Virgo, or Li-
bra.

The best time to sheare sheepe, is in the increasing
of the mone; either is from the change to the full.

To cut haye, that it may the sooner grow againe,
the mone increasing Taurus, Virgo, or Libra.

To mow yong grass that the seedes may not grow
therby, is in the wakening of the mone, that is from
the full to the change.

A Prognostication.

Of the Eclipses which shall happen this
present year of our Lord God, 1629.

The Sunne the great light of Heauen, will suffer
twice the loss and refection of its light, that it visi-
bly imparts to the Inhabitants of the earth: Where-
of there will bee Two, but neither of them will visibly
appeare in this our Horizon.

Of the First Eclipse.

Vpon the 11. of June according to the Julian yeares
but on the 21. of the same moneth in the Gregorian
yeare, will sensibly and visibly appeare a great Eclipse
of the bright Globe of the Sunne.

This obscuration of the Sunne will therein be felt
vnto those people that are situated neere vnto Bengala
and the regions towards the East, as Siam, Campoa,
Camboia, Ma'acca, Java maior, and other Islands
adjoining, where the degrees of Longitude is about
142. West.

The quantitie of degrees eclipsed is 12. and 12. min.
The totall durance of this Eclipse, will be three hou-
ers and 32. minutes.

Of the Second Eclipse.

There shall visibly a great Eclipse appeare of the sun,
vnto the Inhabitants which are now situated to-
wards the Southermost part of America, which is
called Peruua, where the Longitude is about the
310 degrees and the South Latitude 27. degrees) by
the 14. of December according to our computation,
but after the reformed recompt on the 4. of the same
moneth, both the Luminaries being in Sagittarius.

not far from Canals Draconis. The Degrees eclipsed, is 14. and 6 minutes. The totall duration of this Eclipse, will be 4. hōfours and 52. minutes.

Briefe Rules and necessarie observations, concerning Bleeding, Bathing, Purging, and sweating, according to the motions of the Moone.

When the weather is either extreame hot or cold, it is not then convenient either to let blood or to purge, vntlesse some great necessitie doe require it: yet notwithstanding if this bloodletting be for the Phrensie, the Apoplexie, for a continual head-ach proceeding of choller or blood, or any hot burning feuer or other extreame payne, a man in such a case may not carry a chosen time, because the patient might miscarrie to the meane season. But in this aforesaid case of extremitie, blood is not to be let in such a quantity as otherwise it would, if a chosen time might be expected.

The best time to let the Phlegmaticke blood, is when the Moone is in V, or T, the head and thighes excepted.

For the Melancholy, the moone being in ♀, or ♄, the buttockes and legges excepted.

For the Cholerick, the moone being in ♄, or ♄, the breast and feete excepted.

For the Sanguine, all be good which before is namd.

In the spring time, let blood at the right side.

In Harvest time, let blood at the left side.

For Bathing.

Bathings, are commonly used, rather for pleasure than for profit, especially where hot-bathes are overmuch haunted: But I must not so speake of them in

A Prognostication.

this place, otherwile then to aduertise those that tender their owne health; to be warie and circumspect in resorting vnto them without cause, and immediately after of such persons as be vncleane. Knowe that it is not good to bathe when the moone is in earthy signes, as in ♄, mꝝ, ♀, ♄. the reason is, because they are of a cold and dry nature and the nature of cold is, to restraine and bind, and so the Moone being in these signes, the powers of the body are closed and shut, so that there can be no resolution of humors and superfluities, which by bathing ought to be a voyded.

But in fiery signes, as when the moone is in ♄, ♄, ♀, then it is a good time for bathing, for then the body is apt to resolution, for it is the nature of heate to open and reforme.

It is best bathing 2 or 3 dayes after the change, and at the full of the moone, for then the superfluities are ripe and ready to auoyd, and disposed to flow and issue out, which indeed is the end and vse of bathing.

If any will enter into the bath, onely for cleannesse sake, let the moone be in ♄, or ♄.

Furthermore, if bathing be used for health, let the partie grieued, learne of the wise Physician, whether his sicknesse hath neede of moistening or drying, for if it doth require moistening, as in Pethis, and such like, then let him bath in watery signes, having good aspects of ♄, and ♄. But if the sicknesse require drying as in Paralysis and the like, then let him bathe, the moone being in fiery signes, having good aspects of ♄, and the Sonne.

Also before you enter into any bath, your body must be first purged, for if you go vnprepared and unpurged, peradventure you may be worse after then before.

The best time of the yeare to bathe in, is the spring, and summer, and in the month of May, and September.

The

The best time of the day to go into the Bath, is one
 houre after the Sun rising at the east, alwaies pro-
 vided, that you must walke either an houre or halfe an
 houre before, and have a shoule either by nature or art:
 you must cover your head well, so long as you be in the
 Bath, and beware you drinke not cold drinke although
 you be very thirsty, but forbear all things that be cold,
 least when you are hot within, and cold strike suddenly
 into some yncipal member, and so hurt you.

The time of staying in the Bath, is commonly one
 howze, but it may be more or lesse, according to the na-
 ture of the bath, or sickness of the party, at the discre-
 tion of the wise Physitian.

For Purging.

In purg-
 ing, these
 5. things
 ought to
 be knowne

- 1 } The humoz which aboundeth.
- 2 } The best way to auoyd it.
- 3 } The strength of the person.
- 4 } The manner of the sicknesse.
- 5 } The force and nature of the medicine

For when these things are not considered, and obse-
 ued, many perillous accidents may followe, and greatly
 hurt and grieue the body.

Good signes for purging generally, are Cancer, Scor-
 pio, and Pisces.

Particularly, as with passions of the liver, in Scor-
 pio, purge with eleuaries; the moone being in Cancer.
 Purge with Pills, the moone being in Pisces.
 Take perparatiues, the Moone being in Gemini, Li-
 bra, or Aquarius.

Take vomits the Moone being in Aries, Taurus, or
 Capricorne.

Take Emetics, the Moone in Aries, Cancer, or
 Capricorne.

A Prognostication.

To take Cisterns, the moone in Libra, or Scorpio.
To provoke nursing, the Moone in Cancer, Leo, or Libra.

To stop fluxes, rhumes, and laxes, the moone being in Taurus, Virgo, or Capricornus.

Good to comfort the vertue attractive, the moone in Aries, Leo, or Sagittarius.

Good to comfort the vertue digestive, the moone in Gemini, Libra, or Aquarius.

Good to comfort the vertue retentive, the moone in Taurus, Virgo, or Capricornus.

Good to comfort the vertue expulsive, the moone in Cancer, Scorpio, or Pisces.

For using of Unguents or plaisters, it is best applyed, when the moone is in that signe which governeth the same member or part of the body to which it is applyable.

For Sweating.

Sweatings, as they are of two sorts, that is to say, naturall and artificiall. so they are vled for two ends and purposes: The naturall sweat, if good had be taken in opening of the pores, will dissolve grosse and thicke humors, will cleanse the blood, will comfort the Spirits, will put away cold, will consume rasy humors, quashie and quench raging fevers, will helpe numbness and the opposite.

The artificiall sweate, will cleanse scabs, put away itch, amend hulnes in hearing, ease the Sore, resolve coniealed and cold Melancholy blood and humors, &c.

But for the better performing, and effectuall working in these causes, the course of the learned Physitions is to be desired and vled.

The

The best and meetest signes to sweate in, are ♊, ♋, and Sagittarius, and that two or thre dayes after the change, and at the full of the moon.

And note that sweatings is better to be done in the evening then in the morning, for when the body hath nourishment within, the spirits shall not be drakone vnto the extremis parts.

Note further, that leane folkes and dry or feeble persons, must sweate little, for it will hurt them much, but fat folkes may sweate well, and it will doe them much good.

A brieft description of the Foure Quarters of this year of our Lord God, 1629.

Winter, (which is the chiefest capitall for this the Spring, the disgrace of Summer, and the denouer of the fruitfull harvest) began to take his effect, according to our usual computation, the 11 day of December in the yeare aforesaid, at the first entrance of the Sun into the first minute of the signe ♋, at which time the sun shall be at his greatest South declination from the Equinoctiall lyne, so that he riseth south-east, and setteth south-west. Now is the Vicemall or Winter Solstice, for the sun is so farre remoued from our Zenith, or verticall poynnt, that he cannot decline any further, but standes at a stop or stay, and then is the shortest day and longest night in the yeare, and so this quarter both continue vntill the 11 of March next following.

This season is by nature cold and moyst, vnpleasant for the most part to travellers either by Land or Sea, and vnto aged persons, it is very combous and noysome, causing superfluous of rasknesse, and abundance of cold moystnesse to ouerslow their bodies, to their great troubles and disquietnesse.

A Recognition.

The diseases ingendred of flagmaticke matter and of cold humors, will this quarter affect diuers persons as Quotidian Feuers, Palsies, Rheuma, and horcenes, Gouts, Dropsies, and such cold diseases as proceed for want of blood.

Thus will the starres if God assent,
Whose power alone, can all preuent.

Of the Spring.

The Sun (which is the eye of the world, the fountain of light, and the chiefe moderator of all the rest of the lights) hath like a Giant run his race, and finished his reuolution (Gradatim) throughout the twelue signes, and now becometh his iourney afresh againe, and goeth a new course, and so becometh an indifferent Brother, betwixt the day and night, and maketh an equality throughout his whole gouernement, to the great joy and comfort of all his reuerend subjects, charming with his splendent countenance, the vniuersal afflicted weather-worne weeds of this our darke starre of mortallity (which the darkened countenance of winter extremitie had almost subuolde) with his excellent presence, whereat the earth begins to smile, and to put on new apparell, the flourishing naturis of fresh Flora.

This season is by nature hot and moist, the most temperate time of all the yeare, and the least bruiser of delicate bodies that doth procure death, and a very convenient time for the removing of sicknesses and griefes gotten before, and also to anoyne and preuent those that are to come: For now the dull senses and spirits of men and other creatures, are quickned and reuiued, and therefore the humors which doe abound, and are readiest to repulse nature, are fit to be emptied and attopied, whether by bloodletting, purging, or other means as the learned

and

ned Physicians shall advise, and as the cause of the disease shall require, such therefore as be diseased, let them not neglect this time.

Griefes and diseases incident unto this Quarter, are small pores, meales, paine in the head, tertian fevers, squinancies, pulses, itchings, impostumes, and obstructions.

Infections from the Scarres may fall,

But one above doth stay them all.

Of Summer.

Summer the third part of our vulgar yeare, according to our usuall computation, now when the Sun hath fully determined the Spring time with his last grade of Gemini, and hath moved in his motion to the highest point of his course, namely to the first degree of Cancer which shall be on the 12 of June. Now is the second solstice of the yeare called vernall or Summer Solstice, for even as the Sun when he entrencheth into Capricorne hath his greatest South declination, from the Equinoctiall line, so now at his ingresse into the beginning of Cancer, he hath his greatest declination towards the North, from the said Equinoctiall line, and even then, as at the time of Winter Solstice, he was so far removed from our verieall point, that he could not move no farther towards the South, and was therefore to approach againe towards our North Latitude, at which time he seemeth to stand: so now being come so neere our South that he cannot move no further towards the North, and is therefore to reuert againe towards the South Latitude. At his first going from the South seemeth also to stand, insomuch that even as he doth now returne towards his againe he made winter

A Prognostication.

be the shortest day and longest night in the year, so now at his returne from vs hee maketh with vs contrarie wise, the longest day and shortest night in the year: And afterwards declineth more and more from vs, like as before he moved more towards vs.

This season according to his proper nature is hot and dry, turning the humours of mens bodies, from coldnesse and moisture, into hetnesse & drynesse, resembling the Element of Fire, and complexion of choller, bringing all fruits to their ripenesse, cattles to their fatnesse, and men to their wealth.

The infirmities of this Quarter, are hot burning Agues, inflammations of the Luer, Pimples of the face, Jaundies, obstructions, Plurifies, Frenies, and such like, which doe proceed of blood and Choller.

Though Starres incline to worke vll,

All shall be as the maker will.

Of the last Quarter called *Autumne*.

Autumne, according to our accustomed computation on the last Quarter of this year, beginneth at the Sunns departure from the last scruple of Virgo, into the first degree of the second Equinoctiall signe Libra, the which will be this year on the 13 of September, the day and night being of an equal length as in the Spring: At which time is the Autumall Equinoctiall, so as then as at the Sunns entrance into Aries the day by increasing from the winter Solstice till then, came to be equall with the night, going on still more and more till the Summer Solstice, when was the longest day and shortest night: So now the night by increasing from the Autumnall Solstice, to this, the suns ingrediance into Libra, hath got to be equall with the day.

day, and shall increase more and more till the byrnall
Solstice come againe, when the night is longest and
the day shortest.

This time of the yeare is of it selfe vnconstant, and
variable, warme in the day time, and cold in the night.

This Quarter because of the inequality, of tempe-
rature, may as Hippocrates sayth, be called the mother
or nurse of deadly sicknesses. And Galen sayth, that
this time of the yeare is very dangerous for taking of
sicknesses.

The diseases of this Quarter, are obstructions,
Surfettings, Diarrheas, Cuts, Falling Sickness,
and melancholy diseases. The Lord turne all evils
from vs. Amen.

Thus euery Planet in his kinde,
Is to performe the Almightyes minde.

*A declaration of the inclination of the weather and
winds, according to the diuers motions & influences of the
erraticall & fixed starres: with the day, houre, & minute of the
change of the moone, her full, & quarters; & also of the rising &
setting of the Sun, in euery 7 day of euery moneth of this yeare.*

Of Ianuarie.

Day	The Sun riseth.	The Sunne setteth.
1	hou 8 and 3 min.	hou 3 and 57 min.
7	hou 7 and 56 min.	hou 4 and 4 min.
14	hou 7 and 46 min.	hou 4 and 14 min.
21	hou 7 and 34 min.	hou 4 and 26 min.
28	hou 7 and 23 min.	hou 4 and 32 min.

Last quarter the 6. day 55. min: after 6. of the clock
in the morning, wintry weather.

New the 14. day 55. min: after .9 of the clocke in the
forenoone, some stormie moisture.

First quarter the 22. day 12. min: after 7 of the clock
in the morning, windy, and cloudy.

Full moone the 28. day 17. min: after 15. of the clock
at night, inclined to moisture.

Januaries Abstract.

In this moneth let not blood, neyther ble but little
Physicke, except great necessity constraineth, and
beware of taking cold, for in this moneth Rheumes &
flegme doe much increase: so fast long is hurtfull, but
to drinke white wine fasting is good and wholesome:
ble meats that are naturally hot moderately, and wear
warre clothes.

In woody hillies, this moneth you may set all
kind of comon fruit trees, or plants, as Pearre, Plum,
Cherrie, Filbeard, Walnut, & such like, Hawthorne,
and all sorts of quicksets; trees or plants, are fittest to
be generally set from the change to the first quarter,

Take away Mousse and superfluous branches from
your trees, and this moneth is good to set Beanes,
pease, parsnips, Radish, lekes, garliche, turnops, and
onions: if the weather be milde, and the mone past her
full, you may begin to graft at the end of this moneth, so
as the mone be increasing in her light.

Good husbands also this Moneth, crop their trees,
fell timber, and geld cattell, such as may be gelded, the
last of the Moneth shales considered.

Approbation.

OF Februarie.

Day	The Sun riseth.	The Sun setteth.
1	hou. 7. and 13. min.	hou. 4. & 47 min.
7	hou. 7. and 4. min.	hou. 4. & 56 min.
14	hou. 6. and 50. min.	hou. 5 & 10. min.
21	hou. 6. and 34. min.	hou. 5 & 26. min.
28	hou. 6. and 22. min.	hou. 5 & 38. min.

Last quarter the 4. day 55. min: after 12 in the clock at night, stormy and cold.

New Moone the 13. day 17. min: after 4. of the clock in the morning, vnconstant, and wauiing.

First quarter the 20. day at 36 minuts after 5. of the clocks at night, frosty and windy.

Full Moone the 27. day 45. min: after 8. of the clock in the morning, windy and cloudy.

Febraries Abstract.

In this moneth, all slimie fish, milke or Rice, and such like, that doe opilate or stop the Liver and baines or thicken the blood, are to be eschewed as enemies to health: also yet forbear phyplicks & letting blood, except great necessity doe bidge it & learned counsell doe aduise you: beware of taking cold, for now Agues are apt to be taken, and it is very ill to take heates, and afterwards suddaine cold vpon them.

Now is the most apt time to graft, to plant, and to set all kind of trees and bushes, the season and weather, and the age of the moone aforehand considered: Beets, Beanes, Hastings, Onions, Parsnips, and such like as in Ianuary, may very well be set in the month of the Moone.

The

Astronomical.

The time is now to trim by Gardens, to set and sow all kind of Kitchen hearbs; to set slips, sow her-
nells, mustersed, oates, set hogg, vines, cut and prunne
them, sticke by your roundfall peale; and Hastings.

Of March.

Day	The Sun riseth.	The Sunne setteth.
1	houres 6 and 20 min.	houres 5 and 40. minutes.
7	houres 6 and 8. min.	houres 5 and 52. minutes.
14	houres 5 and 54 min.	houres 5 and 6. minutes.
21	houres 5 and 40 min.	houres 6 and 20. minutes.
28	houres 5 and 26 min.	houres 6 and 34. minutes.

Last quarter the 6. day 10. minuts after 6. of the clocke
at night, apt for the season.

First moone the 14. day 13. minutes after 8. of the
clocke at night, inclined to moysture.

First quarter the 22. day 4. minutes before 1. of the
clocke in the morning, storny and vnconly.

Full Moone the 28. day 58. minutes after 7. of the
clocke at night, windy and storny.

Marches Abstract.

In this month the humors of mans body doe be-
gin to increase: and now grosse feeding breedeth grosse
blood and humors, and therefore his meates of good di-
gestion, and such as breed goodlyre: it is a good tyme
to purge and clarify the blood by potions, bathings, &
blood letting, or such other waies as the learned phy-
sician shall appoint, and as the cause of the disease shall re-
quire. Now also frownde meates and drinkes are com-
mendable.

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mendable. The time of grafting as yet endureth, together with setting, sowing, proping, and plashing of vines, hops, withowes, oates, field-pease, onions parsnips and such like. &c.

Of April.

Day	The Sun riseth.	The Sunne setteth
1	hou 5 and 18 min.	hou 6 and 41 min.
7	hou 5 and 6 min.	hou 6 and 54 min.
14	hou 5 and 54 min.	hou 7 and 6 min.
21	hou 4 and 39 min.	hou 7 and 11 min.
28	hou 4 and 29 min.	hou 7 and 31 min.

Last quarter the 5. day 16. minutes after 1. of the clocke in the afternoon, temperate and seasonable.

New Moone the 13. day 16. minutes after 9. of the clocke in the forenoon, answerable to the time.

First quarter the 20. day 19. min: after 6. of the clock in the morning, pleasant and faire weather.

Full Moone the 27. day 58. min: after 7. of the clock in the morning, inclined to April Showers.

Aprils Abstract.

In this month of April the pores of mans body are opened & apt to receive physick: & they that refuse the same, I commit them to the benefit of nature, for of all times of the yeare, this is the best time to prevent causes of sicknesses, or for speedy remedy in extremities: for now nature doth renew strength through all the body, so where sickness hatheneth, the same doth mend by means of physick: wherfore what it cannot do now, hereafter it will hardly be done, therefore take time whilst time

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time is, &c. As yet you may graft and proue vines, & also set melons, cocombers, citrons, hartichokes, and pole by hops. sow barley, Tanners apply themselves to barking of trees, &c.

Of May.

Day	The Sun riseth.	The Sun setteth.
1	houres 4 and 23 min:	houres 7 and 37 minuts
7	houres 4 and 15 min:	houres 7 and 45 minuts
14	houres 4 and 5 min:	houres 7 and 55 minuts.
21	houres 5 and 6 min:	houres 8 and 4 minuts.
28	houres 5 and 50 min:	houres 8 and 10 minuts.

Last quarter the 5. day 30. min: after 7. of the clocke in the morning, sitting the time.

New moone the 12. day 33. min: after 7. of the clocke at night pleasant weather.

First quarter the 19. day 30. min: after 12 of the clocke in the forenoon, somewhat vnconstant.

Full moone the 26 day 16. minuts after 9 of the clocke at night; faire and temperate.

Mayes Abstract.

In this moneth rise early, for May doth not loue any sluggards, & let such as be able, walke into the fields & to eate and drinke betimes is good and wholesome, abstaine from all meates as be of hot nature, & such as be sicke, it is a very good time to be let blood, or take physicke. Such as be whole God keepe them so, and such as be sicke, God send them good physicians & physicke.

The time is now sitting to sow Basill, marigom & such fine seeds as befoze might not be sowne because of the coldnes of the weather, set sage according to the prenterbe, set sage in may and it will last all may, sow flaxe and hemp, set hartichokes, weed your hops and gardens se to your grafts that no superfluous branches hinder them

them: may be w. rosemary flowers, and beane flowers,
may at your pleasure be distilled this moneth, and now
have a care of watching your bees also.

Of June.

Day	The Sunne riseth.	The Sunne setteth.
1	houres 3 and 49 minutes	houres 8 and 11 minutes
7	houres 3 and 46 minutes	houres 8 and 14 minutes
14	houres 3 and 47 minutes	houres 8 and 13 minutes
21	houres 3 and 49 minutes	houres 8 and 11 minutes
28	houres 3 and 52 minutes	houres 8 and 8 minutes

Last quarter the 3. day about midnight, windy and
vnconstant.

Beſw Mōne the 11. day about 4. of the clocke in the
morning, inclined to wind and raine.

First quarter the 17 day 4. min: after 6. of the clocke
at night, temperate and faire.

Full Mōne the 25. day 32. min: after 11 of the clocke
in the sezenone, somewhat windy.

Junes Abstract.

In this moneth if thou must needs vse physike, take
it in the morning early, that it may haue wrought be-
fore the heat of the day, and vse a light and thin deer, for
the stomacke is not so able to digest, as in winter or
other of the former moneths, it is very good and conueni-
ent for some to drinke clarified whey boyled w. cold herbs
and abstaine from violent exercise: distilling of roses,
making of sirrops, & conserues are now in prime, now
gather such herbs as you meane to keep al y^r yeare, but
be sure you dry them in y^e shade. Good husbands & hus-
swiues are now sowing their corne & gardens, and o-
ther shearing their sheep, y^e time serues to set rosemary,
& gilliflowers, take heed of cutting hedge, tree, or heare

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with kniffe, but rather gather them with your fingers, now you may set saffron, carry out compost, make hay, rid gardens of snails, ants, pishers.

Of Iuly.

Day	The Sunne riseth.	The Sunne setteth.
1	houres 7 and 54 minu.	houres 8 and 6 minuts.
7	houres 3 and 59 minu.	houres 8 and 1 minuts.
14	houres 4 and 7 minu.	houres 7 and 53 minuts.
21	houres 4 and 20 minu.	houres 7 and 40 minuts.
28	houres 4 and 30 minu.	houres 7 and 30 minuts.

Last quarter the 1. day 31. min: after 2. of the clocke in the morning, faire pleasant.

Next Mone the 10. day 21. min: after 11. of the clocke in the forenone, very hot weather.

First quarter the 17. day 15. min: after 3. of the clocke in the morning, overcasting clouds.

Full Mone the 25. day 45. min: after 2. of the clocke in the morning, saye and temperate.

Iulies Abstract.

In this moneth use cold hearbs, and cold meates, abstayn fro physick, & now & then are moze wholesome then the Bath, let the sun be vp before you walke abroad. In the time of any Plague or Pestilence keepe your chamber window shut, opening it when the sun hath force of shining, & be sure to perfume your chambers every evening with Tar put on a chafindish of coales, then which nothing is better, and let them use Cardus Benedictus boiled and drunke fasting.

Hay harvest, now calleth slacke husbands to worke, and such as haue leysure, it is good to sallowe for wheat, and to carry out soile, and to gather seeds and flowers, to keepe all the yeare, and to dry them in the shade, till they be almost dry, and then set them a while in the sun, and manner in like may you use your hearbs.

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Of August.

Day	The Sunne riseth.	The Sunne setteth.
1	houres 4 and 36 minuts	houres 7 and 24 minuts
7	houres 4 and 48 minuts	houres 7 and 12 minuts
14	houres 5 and 6 minuts	houres 7 and 0 minuts
21	houres 5 and 16 minuts	houres 6 and 44 minuts
28	houres 5 and 27 minuts	houres 6 and 33 minuts

Last quarter the 2 day 34. min: after 2 in the morning,
windy and cloudy.

New Moone the 8. day 41 min: after 6 at night, saye
and seasonable.

First quarter the 15. day 27. min: after 3 in the after-
noone, some fall of moisture.

Full Moone the 23 day 30. min: after 6 at night, in-
clined to raine.

Last quarter the 31. day 42. min: before 1 in y morning,
fitting the season. Augusts Abstract.

In August, moderate diet is good physicke, for now
it is very dangerous to surfit, & take good heed of heats
& then of colds, for nothing sooner ingendreth pluries
And vse not to sleepe much, & especially after noone, for
making oppulations, and auoyding of Agues, and the
head-ach, and catharres. And let a man abstayne from
physicke except great necessity do compell. Now Lady
Ceres, looks to haue men enough to attend her. They
that would haue good seeds for their Garden the next
yeare, must now gather of their owne, least in buying
abroad they loose their money & labour. Such as desire
lettice or other hearbs for winter, may sow seeds in the
increase of the moone. Of September.

Day	The Sunne riseth.	The Sun setteth.
1	houres 5 and 34 minuts	houres 6 and 26 minuts
7	houres 5 and 46 minuts	houres 6 and 14 minuts
14	houres 6 and 2 minuts	houres 5 and 58 minuts
21	houres 6 and 14 minuts	houres 5 and 46 minuts
28	houres 6 and 28 minuts	houres 5 and 33 minuts

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New Moone the 7. day 49 min. after 2 in the morning,
cloudy and windy.

First quarter the 14. day 7. min. after 7 in the morn-
ing, sitting the season.

Full Moone the 22. day 11. min. after 10 in the fore-
noont, inclined to m. ysture.

Last quarter the 29. day 3. min. after 8 at night, windy
and raine. Septembers Abstract.

In this Moneth, such as haue need may safely take
physicke, and also may bath and bleed, in this month all
things are in their proper vertue, and such fruits as are
ripe and not infected, are good to eate for such as haue
good stomackes.

This time is good to make conserue of Barberries,
and Quinces, winter hearbs must be now sowne, like-
wise is the time to set hartichokes, roe trees, apples,
peares, wardenes, strawberies, & oiers, gilliflowers,
Apples are to be gathered at the full of the moone, sow
parsnips, and in dry weather gather your happes: good
husbandry is sowing Rye, and Wheat, and good hus-
wauerie is making of heruerce, and plucking of Hemp.

O October.

Day 1 The Sunne riseth.

The Sunne setteth.

1 } houres 6 and 34 minuts } houres 5 and 26 minuts

7 } houres 6 and 46 minuts } houres 5 and 14 minuts

14 } houres 7 and 0 minuts } houres 4 and 0 minuts

21 } houres 7 and 15 minuts } houres 4 and 45 minuts

28 } houres 7 and 6 minuts } houres 4 and 34 minuts

New Moone the 6. day 3; min. after high noone, rea-
sonable temperate.

First quarter the 14. day 38, min. before 1 in the morn-
ing, reasonable indifferent weather.

Full moone the 22. day 14. min. after 1 in the morning,
windy and cold.

Last quarter the 29. day 52. min. after 2 in the morning
apt for the time. O October

Octobers Abstract.

In this Moneth thou maiest take physick, & also bath if occasion serue, vse hot meates, and drinckes, any good wholesome wines to nourish good blood. And be ware of taking cold, because the quartane Ague wil be apt to be taken; & such other dangerous diseases. Remoue young trees, as apples, peares, quinces, roses &c. Set pease, parselips, &c. Good Husbonds neede not be hasted to sowing of wheate; set Nuts, Acornes, and Fibbers, and to doing of such good husbandry.

Of November.

Day	The Sunne riseth.	The Sunne riseth.
1	houres 7 and 33 minuts	houres 4 and 27 minuts
7	houres 7 and 42 minuts	houres 4 and 18 minuts
14	houres 7 and 52 minuts	houres 4 and 8 minuts
21	houres 8 and 3 minuts	houres 3 and 57 minuts
28	houres 8 and 9 minuts	houres 3 and 51 minuts

New Moone the 5 day 9 min: before 1 in the morning; some snow or raine.

First quarter the 12 day 51. min: after 9 at night, frosty and cold.

Full Moone the 10 day 7. min: after 3 in the afternoon, windy and frosty.

Last quarter the 27 day about 10 in the forenoon, wintry weather.

Novembers Abstract.

In November finish the phisicke that ye meane to take, & so rest till March, except some great necessity doe constrainne you, vse good meates & wholesome wine to nourish the blood, provide thee warme cloathing, goe dry on thy feet, or else make sure account of Rheume and pale, besides some other inconvenience that will ensue. Beware of the hot-house this moneth, and vse Betony and Cinamon in drinke.

In this Moneth you may remoue young trees, as in the

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the last moneth, and let crab-tree Stockes to graft vpon when you please. It is a good tyme in the wane of the moone to let pease, beanes, and if the weather bee not too hard, it is good sowing of Parlemps, good making of mault, and killing of Beeres and Swine.

Of December.

Day	The Sunne riseth.	The Sunne setteth.
1	houres 8 and 12 minuts	houres 3 and 48 minuts
7	houres 8 and 14 minuts	houres 3 and 46 minuts
14	houres 8 and 15 minuts	houres 3 and 45 minuts
21	houres 8 and 12 minuts	houres 3 and 48 minuts
28	houres 8 and 7 minuts	houres 3 and 53 minuts

New moone the 4. day 56. min: after 3 in the afternoon, some fall of moisture.

First quarter the 12. day 34. min: after 6. at night, sitting the season.

Full moone the 10. day 9. min: after 3 in the morning, subiect to moisture.

Last quarter the 26. day 47. min: after 6. at night, frosty and cold

10 AP 60 Decembers Abstract.

In this moneth of December, keepe thy body and head from cold, & eat such meates as be of a hot quality, abstayne from Apples, and let thy Kitchen bee thy Apothecary: warme cloathing thy Horse, merry company thy keepers: and good hospitality thy exercise.

Remoue Trees & Bushes as aforesaid in Nouember, if the weather please not too extreme. In the wane of the Moone, let Beanes, Pease, & those hearbs that cannot indure the cold, couer them with straws or other provision, from the frost and snow.

Soli sapienti Deo, sola gloria.

FINIS.

